

Smoking cessation

NRT preparations

Formulation Brand	Advice / Advantages and disadvantages Preparations
Gum	Chew the gum slowly until the taste is strong, then rest the gum between the cheek and gum. Start chewing again when the taste fades (after approx. 30 minutes). Use a fresh piece after about an hour. When withdrawing, reduce the chewing time, cut smaller pieces, or alternate with non-nicotine sugar-free gum. Some people dislike the taste. Unsuitable for people with dentures.
<i>Nicorette</i> [®] *	2 mg / 4 mg Flavours: plain, mint, freshmint, freshfruit.
<i>Nicotinell</i> [®]	2 mg / 4 mg Flavours: plain, mint, fruit, liquorice.
<i>NiQuitin</i> [®] * †	2 mg / 4 mg Mint flavour.
Inhalator	A nicotine impregnated plug for use with a mouthpiece that resembles a cigarette. One cartridge can provide up to three 20 minute sessions. Useful for people who miss the hand-to-mouth movements of smoking.
<i>Nicorette</i> [®] *	10 mg
Lozenge	Do not chew or swallow whole. Do not eat or drink while using.
<i>Nicopass</i> [®]	1.5 mg Flavours: mint, liquorice-mint.
<i>NiQuitin</i> [®] * †	2 mg / 4 mg
<i>Nicotinell</i> [®]	1 mg / 2 mg Mint flavour.
Patch	Note different delivery times. Sustained release can provide extended coverage but doesn't mimic the highs and lows associated with cigarette use. 24 hour patches may disturb sleep but thought to help with early morning cravings (not advised in pregnancy or breastfeeding). Products are discreet, skin-coloured (or clear). Skin irritation can occur: rotate the application site.
<i>Nicopatch</i> [®]	24 hrs 7 / 14 / 21 mg
<i>Nicorette</i> [®]	16 hrs 5 / 10 / 15 mg
<i>Invisi patch</i>	16 hrs 10 / 15 / 25 mg (semi-transparent)
<i>Nicotinell</i> [®] TTS	24 hrs 10 / 20 / 30 mg (releasing 7 / 14 / 21 mg)
<i>NiQuitin</i> [®]	24 hrs 7 / 14 / 21 mg (clear also available)
Microtab	For sublingual use. Avoid swallowing until dissolved.
<i>Nicorette</i> [®]	2 mg
Nasal spray	Provides rapid delivery of nicotine similar to smoking cigarettes. Can cause nose and throat irritation, coughing, and watering eyes. Do not use while driving.
<i>Nicorette</i> [®]	500 micrograms

* licensed for smoking reduction. † licensed for temporary abstinence.

For dosing instructions and supply recommendations please refer to the NPHS resource for NRT (see over) and the Summaries of Product Characteristics.

Costs associated with these products vary considerably depending, not only on the formulation and the dose, but on the supplier.

NPHS (Wales) resources at www.nphs.wales.nhs.uk

Smoking cessation NRT Guidance

Smoking cessation POMs Guidance

(Go to: Publications – Groupware Document Databases – by NPHS Team – Pharmaceutical Public Health – Prescribing.)

Public Health Guidance issued by NICE

No. 1 Brief interventions and referral for smoking cessation in primary care and other settings. 2006.

No. 5 Workplace health promotion: how to help employees stop smoking. 2007.

No. 10 Smoking cessation services in primary care, pharmacies, local authorities and workplaces, particularly for manual working groups, pregnant women and hard to reach communities. 2008.

(This supersedes previous guidance TA39 issued in 2002 on bupropion and NRT.)

No. 14 Preventing the uptake of smoking by children and young people. 2008.

Planned in 2010: School-based interventions to prevent smoking.

Quitting smoking in pregnancy and following childbirth.

The Fagerström test for nicotine dependence

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| <p>1. How soon after you wake up do you smoke your first cigarette?</p> <p>After 60 minutes (0)
31-60 minutes (1)
6-30 minutes (2)
Within 5 minutes (3)</p> | <p>4. How many cigarettes per day do you smoke?</p> <p>10 or less (0)
11-20 (1)
21-30 (2)
31 or more (3)</p> |
| <p>2. Do you find it difficult to refrain from smoking in places where it is forbidden?</p> <p>No (0)
Yes (1)</p> | <p>5. Do you smoke more frequently during the first hours after awakening than during the rest of the day?</p> <p>No (0)
Yes (1)</p> |
| <p>3. Which cigarette would you hate most to give up?</p> <p>The first in the morning (1)
Any other (0)</p> | <p>6. Do you smoke even if you are so ill that you are in bed most of the day?</p> <p>No (0)
Yes (1)</p> |

The higher the score (maximum 10), the more dependent the smoker.

Further reading

McEwan A, Hajek P, McRobbie H, West R. Manual of smoking cessation. A guide for counsellors and practitioners. Oxford: Blackwell Publishing Ltd. 2006.

Other sources of information

ASH Wales at www.ashwales.co.uk and Patient UK at www.patient.co.uk